

In the Claims

1-22 (canceled).

23 (new). A monitor for monitoring a user's heart, comprising:

a support means for securing the monitor in position for sensing the user's heart beat, the support means being for attachment to a single adhesive electrocardiogram (ECG) electrode both to support the monitor and for receiving electrical signals from the ECG electrode;

a means for electrically coupling the monitor to a second ECG electrode for receiving signals therefrom;

a cardiac sensor for receiving signals from the ECG electrodes; and

a processor coupled to the cardiac sensor for generating cardiac data.

24 (new). The monitor according to claim 23, in which the coupling means comprises an electrical lead extending from a housing of the monitor or a socket in the housing of the monitor for receiving an electrical lead.

25 (new). The monitor according to claim 23, in which the single adhesive ECG electrode is a standard ECG electrode.

26 (new). The monitor according to claim 23, in which the maximum lateral dimension of the ECG electrode is 55mm or less.

27 (new). The monitor according to claim 23, in which the maximum lateral dimension of the monitor is 35mm or less.

28 (new). The monitor according to claim 23, in which the maximum lateral dimension of the monitor is less than or equal to the maximum lateral dimension of the ECG electrode.

29 (new). The monitor according to claim 23, in which the monitor, in use, does not extend beyond an outer edge of the ECG electrode.

30 (new). The monitor according to claim 23, in which the weight of the monitor is less than 50 grams.

31 (new). The monitor according to claim 23, comprising a memory coupled to an output of the processor for storing the cardiac data.

32 (new). The monitor according to claim 23, in which the processor generates inter-beat interval data from signals it receives from the cardiac sensor.

33 (new). The monitor according to claim 23, further comprising an accelerometer coupled to the processor, so that the processor can generate movement data.

34 (new). The monitor according to claim 33, in which the processor processes signals it receives from the cardiac sensor according to a predetermined parameter in order to generate the cardiac data and modifies that parameter in response to signals it receives from the accelerometer.

35 (new). The monitor according to claim 33, in which a parameter, such as a gain parameter or a threshold voltage, used in deriving the cardiac data from an output of the cardiac sensor is variable in response to an output from the accelerometer or a movement or activity parameter derived therefrom.

36 (new). The monitor according to claim 23, comprising contacts for making electrical contact with two ECG electrodes, in which the same contacts are couplable to an interface for transferring data from and/or to the monitor, and/or for resetting or reprogramming the monitor, and/or for recharging a battery for powering the monitor.

37 (new). The monitor according to claim 33, in which the monitor in use is secured to the chest or torso of the user so that the accelerometer is oriented to sense vertical movements of the user's chest or torso.

38 (new). The monitor according to claim 23, which is of small size and weight so as to be comfortable for a user to wear for extended data sampling periods.

39 (new). A method for monitoring a user's heart, comprising the steps of:  
sensing the user's heart beat by using a cardiac sensor secured to the user's body by means of a single ECG electrode;  
processing cardiac signals to generate cardiac data; and  
storing or displaying the data.

40 (new). The method according to claim 39, comprising the step of sensing movement of the cardiac sensor and processing movement signals to generate movement data.